



UNIVERSALSM
HEALTHCARE

Introducing Universal's **VitalifeSM**

The Complete Healthy-Living Plan For Medicare Beneficiaries

At Universal Health Care, we believe kicking up your heels on a steady basis can help you stay healthy and strong. That's why we offer our members the VitalifeSM program at no additional cost beyond their monthly plan premium.



VitalifeSM FACILITY LISTINGS

Finally, A Health Plan With A Plan For Your Health Take Charge, Be Active, Live Well!

Universal's VitalifeSM Program includes:

- Full membership privileges at participating and accredited health and fitness facilities. Enroll for a local health and fitness facility membership without membership fees. VitalifeSM members will receive a fitness orientation at their primary location.
- Group exercise classes in select locations to improve your overall fitness by increasing muscular strength and cardiovascular endurance, as well as flexibility, agility, and balance. Fee-based programming beyond what is available with a general membership at your primary facility is not included.
- Our online Wellness Program will help you live a healthy, happy, and fulfilling life by helping you quit smoking, reduce stress, get into shape, and gain or lose weight.



TAKE CHARGE, BE ACTIVE, LIVE WELL!

Get Started Today!

To receive full membership privileges at a participating facility:

1. You will find VitalifeSM participating facilities and their locations in this Facility Listings booklet. The facilities are listed by state and then by county. Select the primary facility you wish to join.
2. You will find a VitalifeSM Facility Registration Form in the back of this booklet. After you enroll with Universal Health Care, complete the registration form, which includes your primary care physician's signature, and mail or fax to WellQuest, 550 Broad Street, Suite 802, Newark, New Jersey 07102-4531; Fax: 1-877-250-7533. Please use a separate registration form to enroll each Plan member. When faxing applications, check the fax confirmation sheet to be sure the transmission was completed. Please allow three weeks of processing time. Universal Health Care has partnered with WellQuest, Inc. to provide the VitalifeSM program.
3. Once your application is processed, a welcome letter and a VitalifeSM ID card will be sent to your home from WellQuest in a WellQuest envelope. The welcome letter will include the name of the primary facility you chose, your name, and a start date for the program. Bring both the welcome letter and the VitalifeSM ID card to the facility you chose as your primary location to begin a membership. Please bring your VitalifeSM ID card to this facility each time you attend. (This may vary; check with your primary facility.) Contact WellQuest at 1-877-250-7522 if you have not received your welcome letter and VitalifeSM ID card three weeks after submitting an application.

To nominate a facility for consideration please contact WellQuest at 1-877-250-7522. Please check the VitalifeSM page on the Universal Health Care web site at www.univhc.com for an updated listing or call Member Services at 1-866-690-4842, (TTY 1-800-617-0177).

VitalifeSM on the move:

Take advantage of your VitalifeSM membership privileges at health and fitness centers when you travel. Participating fitness locations can be found in this Facility Listings booklet, at www.univhc.com or by calling Member Services at 1-866-690-4842 (TTY 1-800-617-0177). You must bring your VitalifeSM ID card to the fitness location to gain access. Visits outside your primary facility will be limited to sixteen visits each year with a maximum of four visits per month. If you are traveling within the VitalifeSM facility network and will be gone longer than 30 days, you can change your primary facility for unlimited usage.

Changing your primary facility:

You can change your primary facility by notifying WellQuest at 1-877-250-7522. You will not need a new VitalifeSM ID card, but will be sent an updated letter indicating your new primary facility choice and start date. To begin your membership at this new location, please bring both the updated welcome letter and VitalifeSM ID card.

CONTACT INFORMATION

For questions about VitalifeSM fitness centers, VitalifeSM enrollment, VitalifeSM ID cards, to nominate a facility, or to change your primary facility, please contact *WellQuest**:

1-877-250-7522 or TTY at 1-800-506-0112

Monday through Friday from 9am to 5pm Eastern Time.

For updated facility listings, please contact the *Vita Line*:

1-888-550-7854.

You will be asked to provide your name and address to have your updated VitalifeSM facility listings sent to you.

For other questions about Universal Health Care's VitalifeSM Program, please contact *Universal Health Care*:

1-866-690-4842 or TTY at 1-800-617-0177

Monday through Sunday from 8am to 8pm Eastern Time.

The Universal Health Care Web site is full of useful health information. For a Physician Listing, VitalifeSM Program, or Self Help Works Nutritional information, please visit: www.univhc.com.

**Services in Universal's VitalifeSM program are administered exclusively by WellQuest, Inc.*

There is no cost or obligation for this program. If you wish to take advantage of the program's membership in one of your local fitness centers listed herein, simply follow these steps:

1. Fill in your personal information. Read carefully, print clearly, and sign.
2. Choose the facility you wish to join and write the Facility ID Number in the space provided.
3. Take the form to your physician and have him/her sign the release.
4. Mail or fax your completed registration form to WellQuest at the New Jersey address below.

Plan Member's Name (Please Print Clearly) _____

Universal Health Care Member ID#: _____

Address _____ Apt. _____ City _____

State _____ Zip _____ Home Phone _____

Facility ID*: _____ Facility Name: _____

Facility Address: _____

*The Facility ID Number is located to the left of the facility name.

I understand that the purpose of the VitalifeSM Program is to enhance my health and fitness status and that any exercise program is a potentially hazardous activity. I verify that my participation is fully voluntary, and no coercion of any sort has been used to obtain my participation. I hereby release and discharge the under-signed physician, Universal Health Care, WellQuest, Inc., and any others connected therewith from all claims, demands, damages, and liability whatsoever that I or my representatives have or may have against any of them arising from my participation in the VitalifeSM Program.

Plan Member's Signature _____ Date _____

As the above named individual's physician, I am not aware of any reasons why this patient should not participate in Universal's VitalifeSM Program. Therefore, I release this patient for participation.

Physician's Name (Please Print) _____

Physician's Signature _____ Date _____

ATTENTION!!

Mail or fax your completed registration form to WellQuest:

Mail: WellQuest, Inc., 550 Broad Street, Suite 802, Newark, New Jersey 07102-4531 **Fax:** 1-877-250-7533

Please see contact sheet on page 3 for other important information and resources.

Club ID #	Club Name	Address (City, State, Zip)		Phone Number	Co-Ed Fitness
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SOUTH CAROLINA

Abbeville County

7262	Curves - designed for women	1616 3 N Main St	Abbeville	SC 29620	(864) 366-1500	
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Aiken County

1422	Curves - designed for women	949 Pine Log Rd	Aiken	SC 29803	(803) 644-0414	
9664	Gold's Gym	101 Corporate Pkwy	Aiken	SC 29803	(803) 648-4653	X
10152	Just Breathe Studio	501 Whiskey Rd	Aiken	SC 29803	(803) 648-8048	X
9785	Anytime Fitness	336 George Ave	North Augusta	SC 29841	(803) 278-2408	X
9721	Curves - designed for women	1764 Knox Ave	North Augusta	SC 29841	(803) 279-7220	
690	Cuts Fitness for Men	1698 Knox Ave	North Augusta	SC 29841	(803) 642-8634	
9673	Gold's Gym	133 Edgewood Dr	North Augusta	SC 29841	(803) 279-8900	X

Anderson County

7263	Curves - designed for women	1704 E Greenville St	Anderson	SC 29621	(864) 332-1777	
7264	Curves - designed for women	4152 B Clemson Blvd	Anderson	SC 29621	(864) 226-2205	
7265	Curves - designed for women	908 Hwy 28 Bypass	Anderson	SC 29624	(864) 222-1600	
9665	Gold's Gym	1475 Pearman Dairy Rd	Anderson	SC 29625	(864) 225-4653	X
7266	Curves - designed for women	216 City Square	Belton	SC 29627	(864) 338-1800	
9842	Curves - designed for women	25 N Main St	Honea Path	SC 29654	(864) 369-2212	
9835	Total Fitness Family Center	9801 Anderson Rd	Piedmont	SC 29673	(864) 295-3687	X
7268	Curves - designed for women	1510 Anderson Dr	Williamston	SC 29697	(864) 847-7044	

Beaufort County

7272	Curves - designed for women	905 Boundary St	Beaufort	SC 29902	(843) 521-1163	
7273	Curves - designed for women	365 Red Cedar St	Bluffton	SC 29910	(843) 706-2844	
7274	Curves - designed for women	1012 William Hilton Pkwy, Suite 5	Hilton Head Island	SC 29928	(843) 785-2999	
7271	Curves - designed for women	53C Sam's Point Rd	Lady's Island	SC 29907	(843) 522-8099	
7275	Curves - designed for women	8120 E Main St	Ridgeland	SC 29936	(843) 726-9570	

Berkeley County

7276	Curves - designed for women	214 St. James Ave	Goose Creek	SC 29445	(843) 863-9101	
9996	Anytime Fitness	4500 Ladsen Rd	Ladson	SC 29456	(843) 906-4412	X
9720	Curves - designed for women	102 Rembert C Dennis Blvd	Moncks Corner	SC 29461	(843) 761-7734	
7277	Curves - designed for women	484 N Hwy 52	Moncks Corner	SC 29461	(843) 761-7737	

Charleston County

7280	Curves - designed for women	1175 Folly Rd, Suite D	Charleston	SC 29412	(843) 406-2878	
7279	Curves - designed for women	1836 Ashley River Rd	Charleston	SC 29407	(843) 852-2878	
9676	Gold's Gym	35 Folly Rd	Charleston	SC 29407	(843) 329-4653	X
7278	Curves - designed for women	1233 Yeamans Hall Rd	Hanahan	SC 29406	(843) 744-5999	
9666	Gold's Gym	1291 Folly Rd	James Island	SC 29412	(843) 853-4653	X
7282	Curves - designed for women	3575 Maybank Hwy	Johns Island	SC 29455	(843) 557-1150	
7283	Curves - designed for women	1405 Ben Sawyer Blvd, Bldg 107	Mount Pleasant	SC 29464	(843) 856-0761	
7284	Curves - designed for women	557 Belle Station Blvd	Mount Pleasant	SC 29464	(843) 388-2588	
9318	Snap Fitness	1039 Hwy 41	Mount Pleasant	SC 29466	(843) 856-3600	X
7281	Curves - designed for women	3746 Ashley Phosphate Rd	North Charleston	SC 29418	(843) 552-9436	

Cherokee County

7285	Curves - designed for women	421 N Granard St	Gaffney	SC 29341	(864) 489-2811	
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Chesterfield County

7287	Curves - designed for women	323 Chesterfield Hwy	Cheraw	SC 29520	(843) 921-3003	
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Club ID #	Club Name	Address (City, State, Zip)		Phone Number	Co-Ed Fitness
<u>Clerendon County</u>					
7288	Curves - designed for women	310 E Boyce St	Manning	SC 29102 (803) 435-6787	
<u>Colleton County</u>					
7289	Curves - designed for women	243 Wichman St.	Walterboro	SC 29488 (843) 549-1653	
<u>Darlington County</u>					
7290	Curves - designed for women	311 Society Hill Rd	Darlington	SC 29532 (843) 398-9911	
7291	Curves - designed for women	1109 S 5th St, Units J & K	Hartsville	SC 29550 (843) 332-5255	
<u>Dillon County</u>					
7292	Curves - designed for women	301 E Main St	Dillon	SC 29536 (843) 841-0687	
<u>Dorchester County</u>					
9488	Anytime Fitness	205 Grandview Dr	Summerville	SC 29483 (843) 873-1200	X
7293	Curves - designed for women	1525 K Old Trolley Rd	Summerville	SC 29485 (843) 486-0888	
10013	Ladies Choice	10055 Dorchester Rd	Summerville	SC 29485 (843) 871-8083	
<u>Florence County</u>					
7295	Curves - designed for women	917 S Irby St	Florence	SC 29501 (843) 667-6611	
7296	Curves - designed for women	416 W Main St	Lake City	SC 29560 (843) 374-0323	
<u>Georgetown County</u>					
7297	Curves - designed for women	1129 N Fraser St.	Georgetown	SC 29440 (843) 545-0079	
7298	Curves - designed for women	804 Inlet Square Dr	Murrells Inlet	SC 29576 (843) 651-3100	
10016	Ladies Choice	10125 Hwy 17 Bypass	Murrells Inlet	SC 29567 (843) 651-7525	
7299	Curves - designed for women	10126 Ocean Hwy	Pawleys Island	SC 29585 (843) 235-3272	
<u>Greenville County</u>					
7305	Curves - designed for women	108 S Main St	Fountain Inn	SC 29644 (864) 862-5690	
9482	Anytime Fitness	221 Pelham Rd	Greenville	SC 29615 (868) 250-0609	X
9481	Anytime Fitness	3211 Pleasantburg Dr	Greenville	SC 29609 (864) 242-9222	X
7304	Curves - designed for women	105 C New Plaza Dr	Greenville	SC 29617 (864) 294-8566	
7301	Curves - designed for women	11 B Barkingham LN	Greenville	SC 29607 (864) 297-9900	
7303	Curves - designed for women	3620 Pelham Rd	Greenville	SC 29615 (864) 286-0866	
7300	Curves - designed for women	4 S Lewis Plaza	Greenville	SC 29605 (864) 370-0300	
7302	Curves - designed for women	620 Howell Rd	Greenville	SC 29615 (864) 322-8551	
9766	Peak Fitness	1440 Pelham Rd	Greenville	SC 29615 (864) 281-0777	X
9846	Peak Fitness	2631 Laurens Rd	Greenville	SC 29607 (864) 213-9024	X
9484	Anytime Fitness	955 W Wade Hampton Blvd	Greer	SC 29650 (864) 879-7972	X
7306	Curves - designed for women	215 E Wade Hampton Blvd	Greer	SC 29650 (864) 879-9477	
7308	Curves - designed for women	11003B Anderson Rd	Piedmont	SC 29673 (864) 220-0200	
7307	Curves - designed for women	7704 F Augusta Rd	Piedmont	SC 29673 (864) 277-5353	
7309	Curves - designed for women	109 W Trade St	Simpsonville	SC 29681 (864) 963-5538	
9848	Peak Fitness	399 Peachwood Centre Dr	Spartanburg	SC 29301 (864) 574-7795	X
7310	Curves - designed for women	3209 3 Wade Hampton Blvd	Taylors	SC 29687 (864) 322-0454	
9844	Peak Fitness	3150 Wade Hampton Blvd	Taylors	SC 29687 (864) 292-6590	X
<u>Greenwood County</u>					
9483	Anytime Fitness	1560 Pkwy	Greenwood	SC 29646 (864) 227-9955	X
7311	Curves - designed for women	462-G Hwy 72 Bypass W	Greenwood	SC 29649 (864) 227-6900	
<u>Hampton County</u>					
7312	Curves - designed for women	814 E Elm St	Hampton	SC 29924 (803) 943-4998	

Club ID #	Club Name	Address (City, State, Zip)	Phone Number	Co-Ed Fitness
Horry County				
9895	Anytime Fitness	201 Graduate Dr	Conway SC 29526 (843) 349-8463	X
7313	Curves - designed for women	2300 Church St	Conway SC 29526 (843) 369-3488	
7314	Curves - designed for women	2126 Hwy 9	Longs SC 29568 (843) 399-7679	
7316	Curves - designed for women	3901 Dick Pond Rd	Myrtle Beach SC 29588 (843) 650-9128	
9845	Curves - designed for women	4006 Postal Way	Myrtle Beach SC 29579 (843) 236-7270	
7315	Curves - designed for women	7727 N Kings Hwy	Myrtle Beach SC 29572 (843) 449-3488	
9672	Gold's Gym	951 Jason Blvd	Myrtle Beach SC 29577 (843) 448-3939	X
10017	Ladies Choice	601 Robert Grissom Pkwy	Myrtle Beach SC 29577 (843) 712-2188	
Kershaw County				
7317	Curves - designed for women	2508 Broad St	Camden SC 29020 (803) 432-1112	
Lancaster County				
7319	Curves - designed for women	1362 Hwy 160 E	Fort Mill SC 29715 (803) 547-2881	
9976	Anytime Fitness	1133 SC 9 Bypass W	Lancaster SC 29720 (803) 313-2447	X
7320	Curves - designed for women	699 Lancaster Bypass	Lancaster SC 29720 (803) 283-1944	
Laurens County				
7321	Curves - designed for women	115 Caroline St, Suite A	Laurens SC 29360 (864) 984-2092	
Lee County				
7322	Curves - designed for women	112 N Main St	Bishopville SC 29010 (803) 484-5750	
Lexington County				
7323	Curves - designed for women	403-B Chapin Rd	Chapin SC 29036 (803) 345-9355	
10155	Irmo Chapin Recreation	1098 Old Lexington Hwy	Chapin SC 29036 (803) 345-6181	X
10156	Irmo Chapin Recreation	200 Leisure Lane	Columbia SC 29210 (803) 772-3336	X
9986	Anytime Fitness	131 Evergreen Rd	Lake Wylie SC 29170 (803) 627-6473	X
7324	Curves - designed for women	103 Main St	Leesville SC 29070 (803) 532-5900	
9486	Anytime Fitness	5082 Sunset Blvd	Lexington SC 29072 (803) 808-1177	X
7325	Curves - designed for women	5341-C Sunset Blvd	Lexington SC 29072 (803) 359-0909	
7326	Curves - designed for women	948-A Main St	Pelion SC 29123 (803) 894-6533	
7327	Curves - designed for women	2215-D Platt Springs Rd	West Columbia SC 29169 (803) 796-7050	
Newberry County				
7329	Curves - designed for women	2004 Bear Village Court	Newberry SC 29108 (803) 276-7333	
Orangeburg County				
7332	Curves - designed for women	136 Associates Pkwy	Orangeburg SC 29118 (803) 539-0011	
7333	Curves - designed for women	9397 Old Number Six Hwy	Santee SC 29142 (803) 854-3280	
Pickens County				
9477	Anytime Fitness	379 Old Greenville Hwy	Clemson SC 29631 (864) 654-2918	X
7334	Curves - designed for women	530 Old Greenville Hwy, Unit 4	Clemson SC 29631 (864) 654-3456	
9667	Gold's Gym	500 Old Greenville Hwy	Clemson SC 29631 (864) 653-4653	X
7335	Curves - designed for women	6502 Calhoun Memorial Hwy	Easley SC 29640 (864) 855-3038	
7337	Curves - designed for women	432 Ann St	Pickens SC 29671 (864) 898-2400	
Richland County				
9475	Anytime Fitness	715 University Village Dr	Blythewood SC 29016 (803) 786-2988	X
7338	Curves - designed for women	135 J Blythewood Rd	Blythewood SC 29016 (803) 786-4162	
9478	Anytime Fitness	111 Sparkleberry Crossing	Columbia SC 29229 (803) 462-9900	X
9786	Anytime Fitness	2726 N Lake Dr	Columbia SC 29212 (803) 407-8866	X
9479	Anytime Fitness	2806 Devine St	Columbia SC 29206 (803) 546-8576	X

Club ID #	Club Name	Address (City, State, Zip)		Phone Number	Co-Ed Fitness
Richland County (cont'd)					
7341	Curves - designed for women	10244 2 Notch Rd , Suite 2	Columbia	SC 29229 (803) 788-8051	
9843	Curves - designed for women	2627 Millwood Ave	Columbia	SC 29205 (803) 251-4450	
7328	Curves - designed for women	6030 St. Andrews Rd	Columbia	SC 29212 (803) 731-7700	
9898	Harbison Recreation Center	106 Hillpine Rd	Columbia	SC 29212 (803) 781-2281	X
10015	Ladies Choice	6644 Garner's Ferry Rd	Columbia	SC 29209 (803) 695-2929	
10014	Ladies Choice	736 St. Andrews Rd	Columbia	SC 29210 (803) 798-8783	
Spartanburg County					
9476	Anytime Fitness	3621 Boiling Springs Rd	Boiling Springs	SC 29316 (864) 266-0341	X
7351	Curves - designed for women	2510 Boiling Springs Rd	Boiling Springs	SC 29316 (864) 814-0024	
9849	Curves - designed for women	718-B S Alabama Ave	Chesnee	SC 29323 (864) 461-2848	
7346	Curves - designed for women	1650-A E Main St	Duncan	SC 29334 (864) 486-9966	
7347	Curves - designed for women	5545 Hwy 9	Inman	SC 29349 (864) 578-4405	
7348	Curves - designed for women	1109A E Rutherford St.	Landrum	SC 29356 (864) 457-2477	
7349	Curves - designed for women	1791 E Blackstock Rd	Moore	SC 29369 (864) 595-9144	
7343	Curves - designed for women	217 E Blackstock Rd	Spartanburg	SC 29301 (864) 587-6587	
7345	Curves - designed for women	2601 E Main St	Spartanburg	SC 29307 (864) 579-4646	
7344	Curves - designed for women	401 E Kennedy	Spartanburg	SC 29302 (864) 585-3737	
7350	Curves - designed for women	908 N Main St	Woodruff	SC 29388 (864) 476-6400	
Sumter County					
9489	Anytime Fitness	1288 Broad St	Sumter	SC 29150 (803) 469-0999	X
7352	Curves - designed for women	2041 Wedgefield Hwy	Sumter	SC 29154 (803) 773-7333	
Union County					
7353	Curves - designed for women	101-D Westmead Rd	Union	SC 29379 (864) 427-3445	
York County					
10061	Upper Palmetto YMCA	157 Columbia St	Chester	SC 29706 (803) 581-9622	X
7357	Curves - designed for women	131 N Main St	Clover	SC 29710 (803) 222-9893	
10062	Upper Palmetto YMCA	107 S Main St	Clover	SC 29710 (803) 222-9622	X
9480	Anytime Fitness	855 Gold Hill Rd	Fort Mill	SC 29708 (803) 802-9091	X
7356	Curves - designed for women	829 Crossroads Plaza	Fort Mill	SC 29708 (803) 548-3600	
9317	Snap Fitness	3150 Hwy 21	Fort Mill	SC 29707 (803) 802-7348	X
10059	Upper Palmetto YMCA	1785 Gold Hill Rd	Fort Mill	SC 29708 (803) 548-9622	X
10060	Upper Palmetto YMCA	857 Promenade Walk	Fort Mill	SC 29708 (803) 548-8020	X
7359	Curves - designed for women	725 Cherry Rd	Rock Hill	SC 29732 (803) 328-0766	
10057	Upper Palmetto YMCA	1735 Heckle Blvd	Rock Hill	SC 29732 (803) 366-9622	X
10058	Upper Palmetto YMCA	325 Rawlinson Rd	Rock Hill	SC 29732 (803) 817-7665	X
10056	Upper Palmetto YMCA	402 Charlotte Ave	Rock Hill	SC 29732 (803) 329-9622	X
10063	Upper Palmetto YMCA	103 E Madison St	York	SC 29745 (803) 684-2247	X

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MEDICARE
Masterpiece[®]
Plans

Any...Any...Any...
PLAN[®]

***Now A Health Plan
With A Plan For Your Health!***

If you are not already a member with Universal Health Care and would like to learn more about our health plans, call Universal at 1-866-690-4842 (TTY 1-800-617-0177), Monday through Sunday from 8am – 8pm Eastern time, except holidays, for a no obligation home visit to learn more about the many other benefits Universal Health Care Plan members receive.

Universal Health Care is a Medicare Advantage organization with a Medicare contract. Services included in Universal's VitalifeSM Program are administered exclusively by WellQuest, Inc.



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